



DCPR 2016 Flag Football Rule Amendments

- 1) Half time will be 5 minutes
- 2) You will get two (2) one (1) minute time outs per half. Clock will stop
- 3) Over Time Rules will apply to regular season play as well as playoffs

Overtime rules:

- a. A coin flip will determine offense/defense.
 - b. Referee will determine which end of the field the overtime will take place on.
 - c. Each team will take turns getting one play from the defense's 5 yard line for one (1) point or the defenses 10 yard line for two (2) points. Offense may choose.
 - d. If an interception occurs, the intercepting team wins the game.
 - e. If team A scores, team B will get an opportunity to tie or win.
 - f. If teams are tied after the first round, the team that lost the coin toss initially will get to choose whether to go first or second in the next round of OT.
 - g. If tied after the second round, both teams must go for 2 from the 10 yard line in round 3. If score remains a tie, the game is over. We will not go 4 rounds in OT.
 - h. All scores will be applied to the game total.
- 4) Mercy Rule will begin at a differential of 34 points.

Mercy Rule: After one team is ahead by thirty four (34) or more points, the losing team receives the ball and is given an opportunity to score. Play will continue as normal, with any points that the losing team scores counted towards their total game score. No additional points will be added to the team who is up by 34 points if they continue to score points, unless the point margin is again less than 34. No PATs for the leading team will count, and at this point, the clock will run until the game is over. There will be no scrimmage mode as suggested in the rule book.

- 5) Following a touchdown, you may choose to go for one (1) from the 5 yard line: passing only, or (2) from the 10 yard line: passing or running. Once the ball is set for an extra point, you may not change your mind. If you do, you will be charged a time out.
- 6) You may not leave your feet, swing your hands or swat at the ball on a pass rush.
- 7) Coaches in Div 1 may be on the field for the first 3 games only. In all other divisions, coaches must be off the field in the coaching box. 2 DCPR approved coaches per sideline.
- 8) Unsportsmanlike penalties will be 15 yards. No exceptions.
- 9) There will be a stop clock in the last 2 minutes of the game only. (Unless Mercy rule is in effect)
- 10) Only Head coaches may address the officials. If assistants address officials, and unsportsmanlike conduct penalty will be called (15 yards)